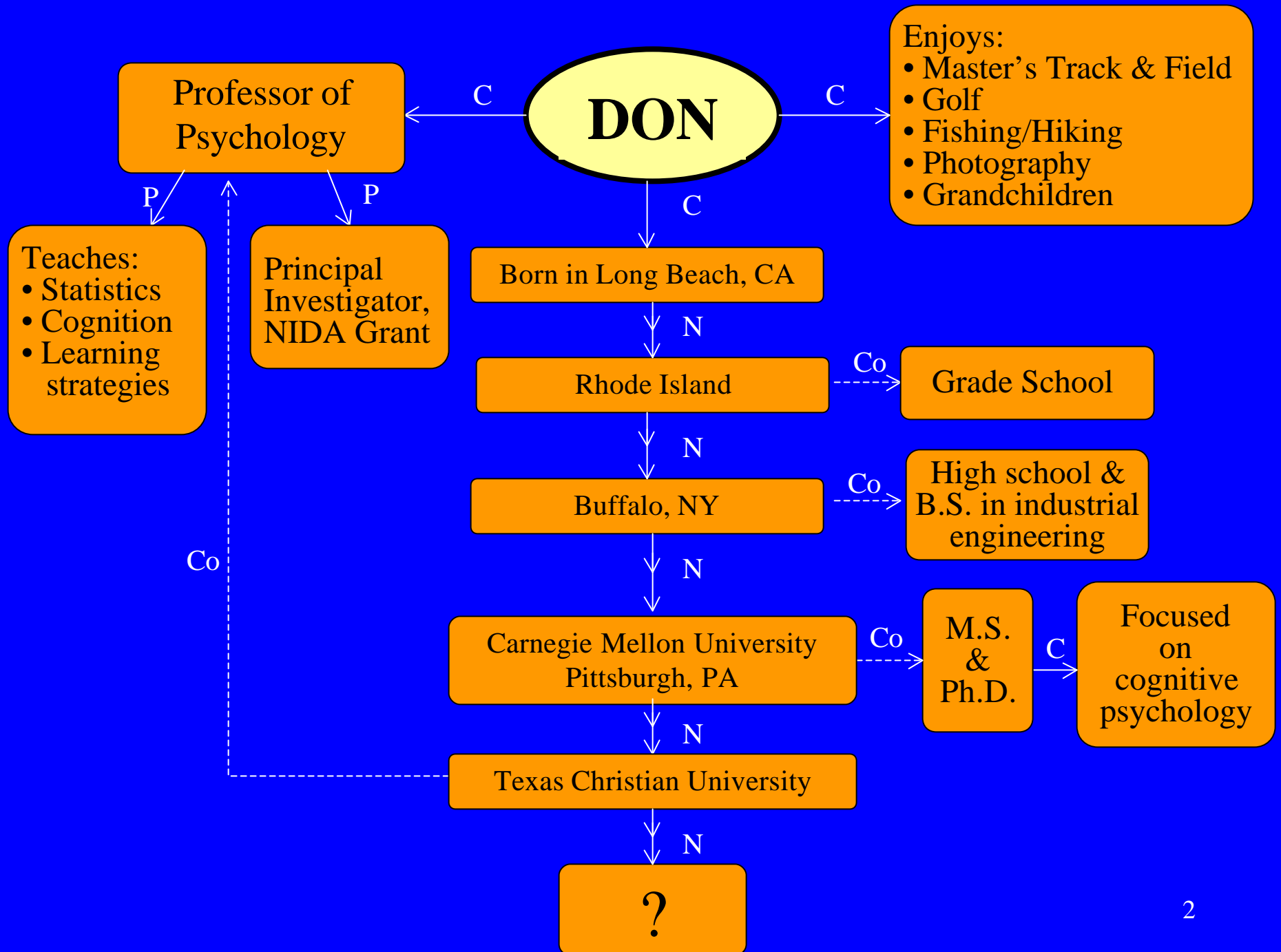


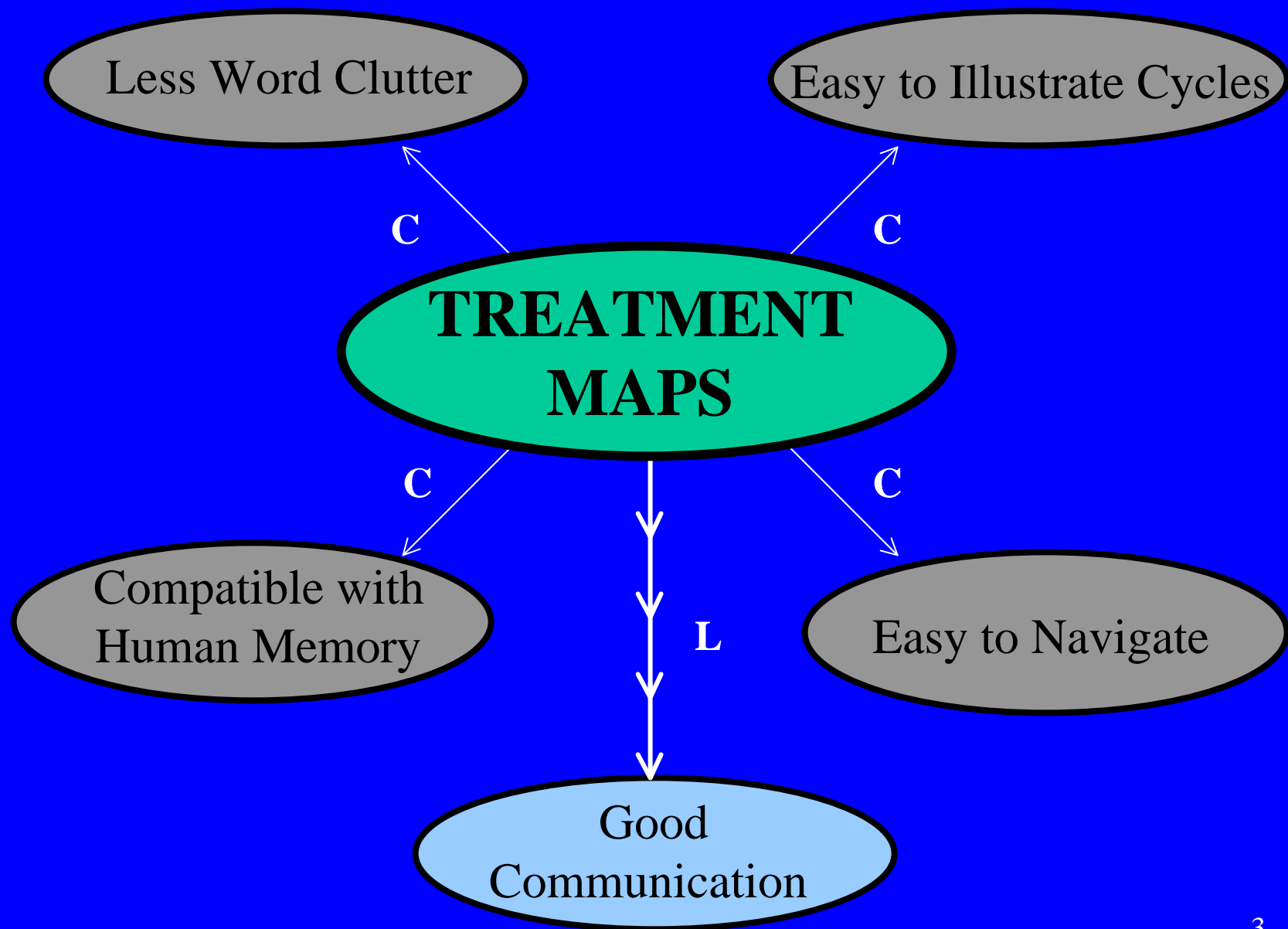
Treatment Mapping



VISIBLE THINKING

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RESEARCH

We have a large number of published studies showing that these cognitive strategies work to:

- improve client views of treatment, counselors, and self.
- increase counseling session attendance and participation.
- improve counselor ratings of clients.

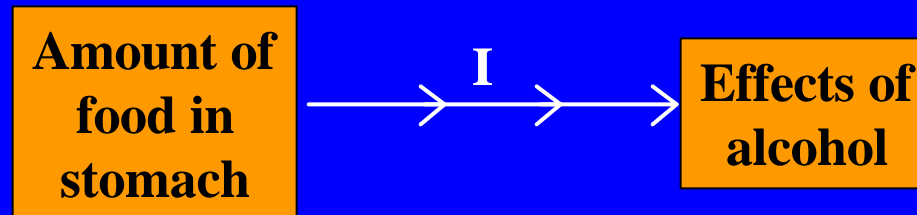
and

- reduce drug use.

Less education clients and those with attention problems benefit the most.

Examples: Actions

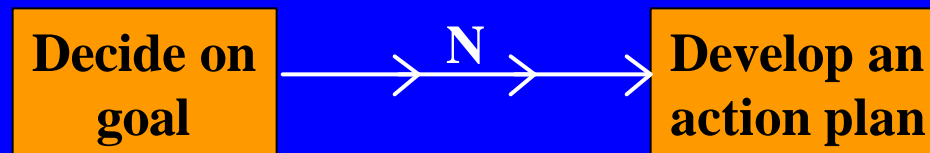
Influences



Leads To



Next



Examples: Descriptions

Characteristic

Cocaine

C

Affects cells
in the body

Part

Successful behavior
change

P

Motivation

P

An effective
plan of action

Type

Abuse

T

Chronic

T

Acute

Examples: Illustrations

Analogy

Hangover

A

Being stuck in
a clothes dryer

Comment

Cocaine intake
can be controlled

Co

I DON'T
BELIEVE IT

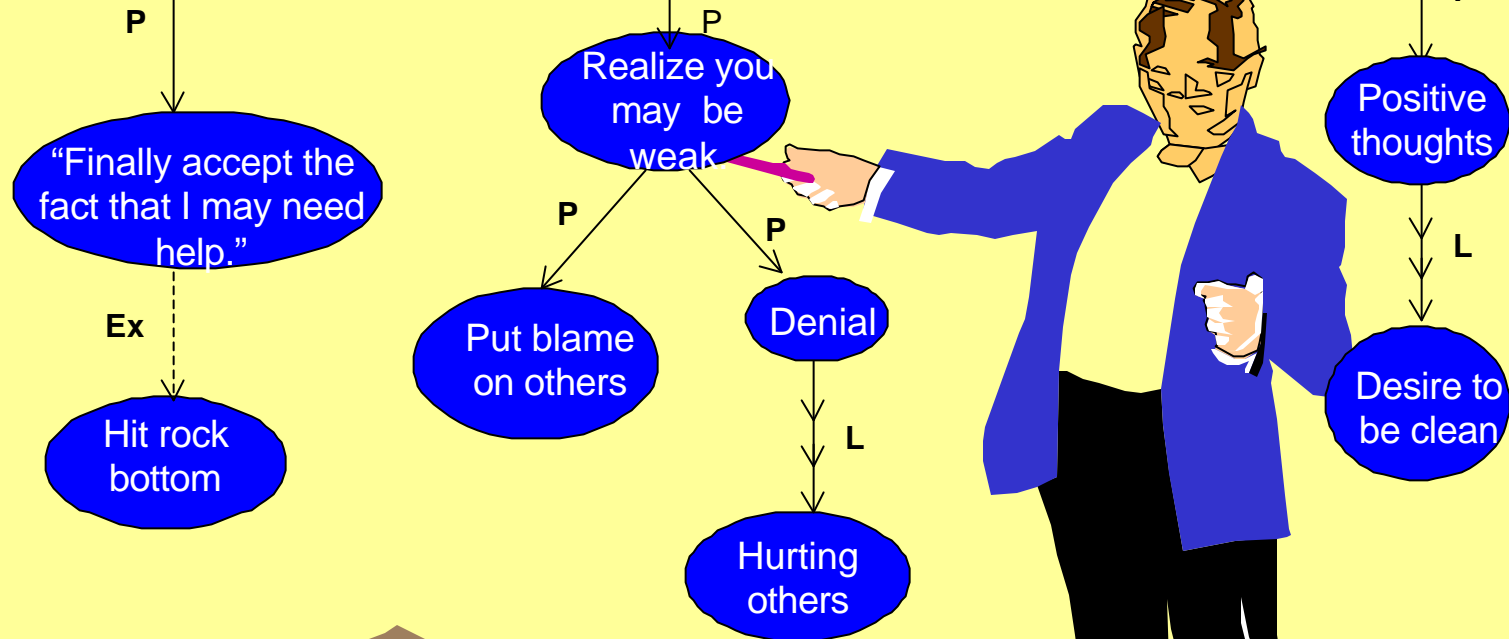
Example

Abusive
Behavior

Ex

Chemicals
for breakfast

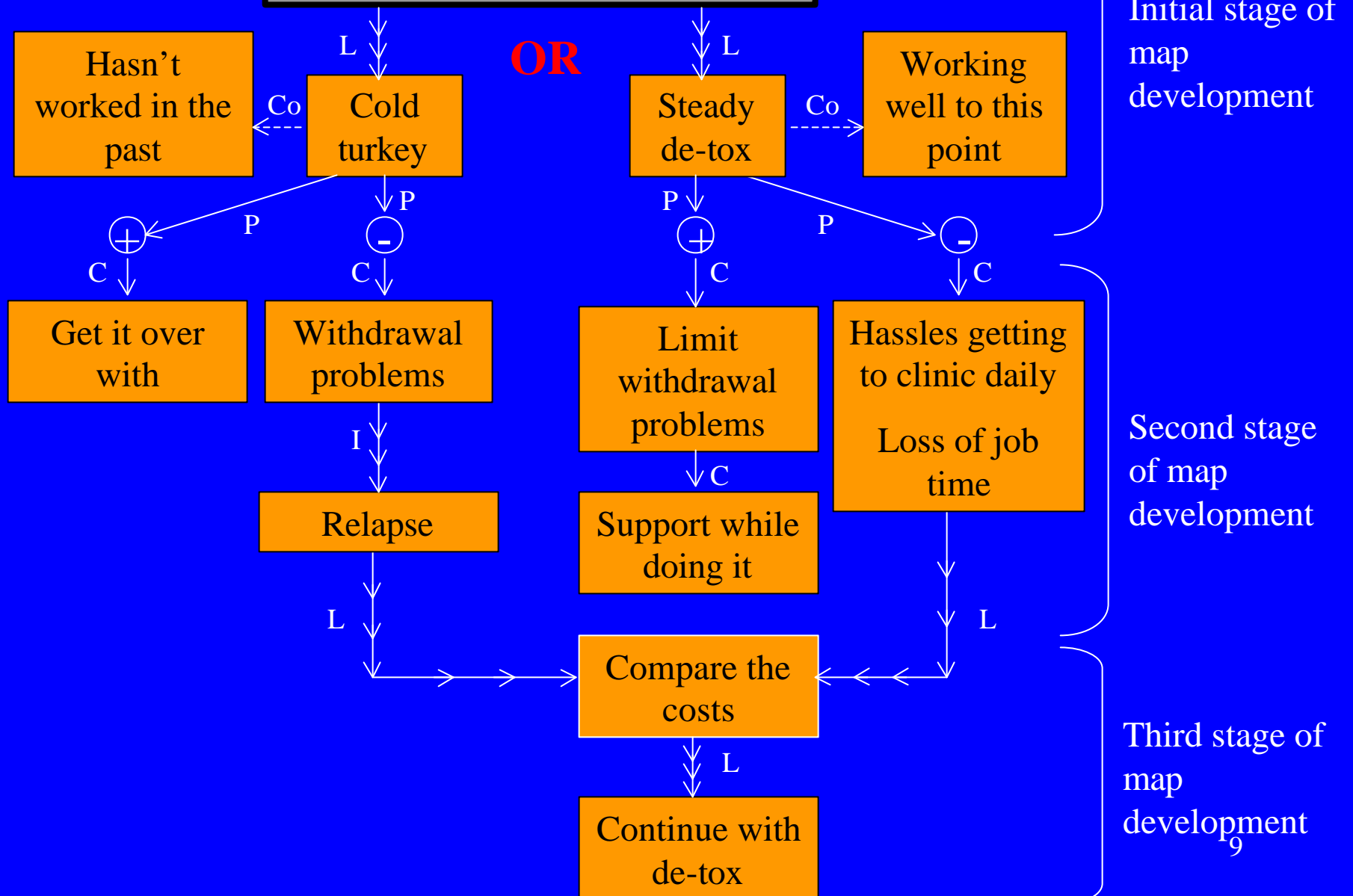
Dealing With Relapse



Group Counseling

GOAL:

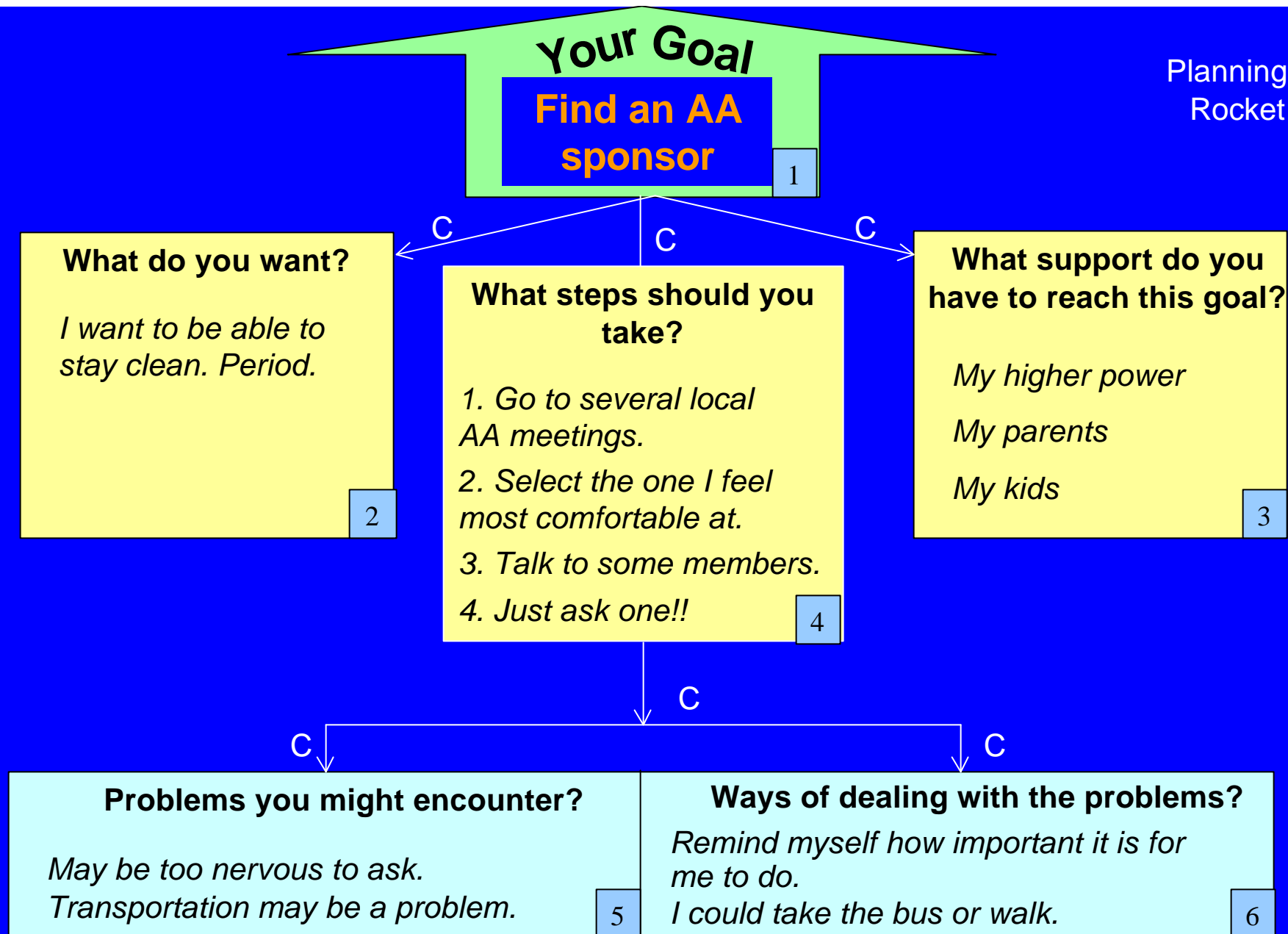
Want to get off methadone



USE OF MAPS IN A COUNSELING SESSION

- Focus attention on the topic at hand
- Easy reference to past discussions
- Provide a workspace for exploring possible changes and corrective actions
- Memory aid for client and counselor
- Way of getting off “dead center”
 - Link types provide ready-made questions to ask

Guide Maps



RUNNING INTO A BRICK WALL

Brick Wall

What was the unsuccessful attempt?

1 Late for a job interview. Didn't get the job.

WHY WAS IT UNSUCCESSFUL?

P

Your role?
Did not have a backup plan when George didn't show up on time to drive me to the interview.

2

P

Other people?
George overslept and was half-hour late.

3

P

Describe how this has happened to you before.
I am late a lot because I depend on other people for rides.

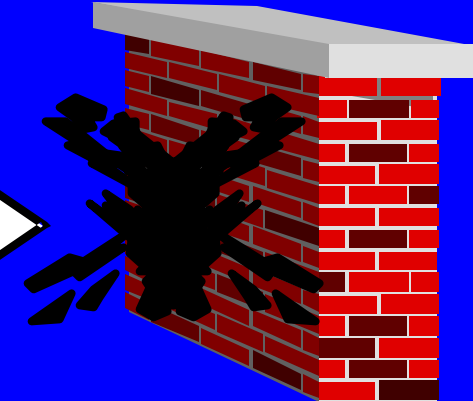
4

L

What can you do differently next time?

I will call my ride to remind them.
I will allow enough time so I can call a taxi if someone doesn't show up.
I will save for my own car.

5



STEP 4. Map 1 of 4

STEP 4. We made a searching and fearless moral inventory of ourselves.

We made a **SEARCHING**

and

FEARLESS

Def

Def

This is what searching means to me.

Looking deeply and very carefully.

1

This is what fearless means to me.

Doing what it takes to get it done even if I'm afraid.

2

MORAL

INVENTORY

of ourselves

Def

Def

This is what moral means to me.

The values and principles that guide my life.

3

This is what inventory means to me.

A complete list.

4

Def = Definition

